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We got a zaddy for every kind of zaddy fiend. 18

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DREAM REAPER

President Trump has indicated that possible deportation will await 800,000 'Dreamers' who had been protected under the Obama-era DACA policy. 4

GETTY IMAGES

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RACHAEL VAUGHAN CLEMMONS

A zaddy is a DILF that isn't necessarily a father. A man, over 30, that makes you go, "I'll have what he's having." He's handsome. He has swag, a swoon-worthy "it" factor. He probably looks better bearded. And he has loads and loads of sex appeal. Zaddy, yas! Perhaps the best way to define a zaddy is through example. Check the list of 10 very special zaddies from across the pond.
metro.us/entertainment

HALEY: KIM JONG UN 'BEGGING FOR WAR'

1 The U.S. said countries trading with North Korea were aiding its "dangerous nuclear intentions" as the United Nations Security Council mulled tough new sanctions and the isolated regime showed signs of planning more missile tests. South Korea said it was talking to Washington about deploying aircraft carriers and strategic bombers to the Korean peninsula following the North's sixth and most powerful nuclear test. South Korean President Moon Jae-in and President Donald Trump agreed to scrap a warhead weight limit on South Korea's missiles, South Korea's presidential office said, enabling it to strike North Korea with greater force in the event of a military conflict. At a Security Council meeting, U.S. Ambassador Nikki Haley said North Korea's Kim Jong Un was "begging for war" and urged the group to impose the "strongest possible" sanctions.

LA 'TURNS CORNER' ON WILDFIRE

2 A smattering of rain and easing temperatures helped more than 1,000 firefighters battling the largest wildfire in Los Angeles history gain the upper hand on the blaze on Sunday, but officials warned that danger remains. "We've turned the corner, but this is not over," Los Angeles Mayor Eric Garcetti told reporters. "With winds this strong, anything can happen." Shifting winds could cause burning embers to spread the fire once more through the rugged northern edge of Los Angeles, said Garcetti. The nearly 5,900-acre La Tuna Fire, named after the canyon area where it erupted on Friday, has destroyed three homes and damaged one. More than 700 homes were evacuated as the blaze tore through thick brush that has not burned in decades.

PHOTO BY BESS ADLER

5 THINGS YOU NEED TO KNOW

PARADE

3 The West Indian Day Parade took place along Eastern Parkway on Monday. This year, revelers were met with an increased police presence and additional security measures, such as metal detectors and a delayed start time, to help avoid the violence that erupted at last year's event, ABC 7 reported. Last year, two people were killed while attending the parade. Before this year's J'Ouvert celebration began, a shooting in Crown Heights around 5 a.m. wounded two people about a block from the parade route, the New York Post reported. Both individuals were taken to area hospitals with injuries not considered to be life threatening. At around 5:15 p.m. on Monday, a man was shot near the beginning of the parade route on Eastern Parkway, NBC 4 reported. Officers were searching for the gunman on Monday evening, and the victim was taken, in serious condition, to Kings County Hospital where he was expected to survive. Mayor Bill de Blasio, Gov. Andrew Cuomo and NYPD Commissioner James O'Neill were all on hand on Monday for the parade and celebration of Caribbean culture, DNAinfo reported.

JASON NUCKOLLS

EVACUATION ORDER LIFTED IN TEXAS

4 Authorities lifted an evacuation order for the area surrounding a once-burning chemical plant and a major fuel pipeline reopened on Monday as Texas edged toward recovery from the devastation of Hurricane Harvey. The storm dumped some 50 inches of rain on the low-lying Gulf coastal region after coming ashore on Aug. 25, killing about 50 people and causing what the Texas governor said could be up to $180 billion in damage. Flooding led to a series of fires at the Arkema SA chemical plant in Crosby, a town of about 2,300 people some 25 miles northeast of Houston. Containers of chemicals which are unstable if not kept refrigerated started igniting on Thursday after power outages cut off cooling systems. On Monday, the company said the Crosby Fire Department had lifted a 1½-mile evacuation zone around the plant.

GAS PRICES SLIP AS OIL INDUSTRY BOUNCES BACK

5 U.S. gasoline prices fell on Monday as the nation's oil heartland continued to claw its way back from the devastation wrought by Storm Harvey, with shipping channels, pipelines and refineries restarting operations Port operations across the U.S. Gulf Coast oil and gas hub were resuming, although many still had restrictions on vessel draft, according to U.S. Coast Guard updates. Key fuel pipelines planned to restart as more of the oil refineries that feed them ramped up production. Benchmark U.S. gasoline futures RBc1 fell by more than 3 percent, and retail prices edged up by only 1 cent a gallon on Monday, according to motorists advocacy group AAA, after climbing by more than 20 cents in the wake of Harvey, which was downgraded to a storm after making landfall as a hurricane.

NEW POLL

Source: ARD German public broadcast

55%

Angela Merkel appears to be heading for a possible fourth term as chancellor of Germany, with her rival Martin Schulz failing to halt her advance in a crucial televised debate. ARD says 55 percent found Merkel more convincing while 35 percent plumped for Schulz.

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Trump to scrap protection for 'Dreamers,' gives Congress six months to find solution

As a candidate, Trump pledged to immediately scrap the program, but he ran into stiff opposition.

Protesters hold signs during a rally in support of DACA in Los Angeles on Saturday. GETTY IMAGES

Donald Trump has decided to scrap a program shielding from deportation immigrants who came to the U.S. illegally as children but will give Congress six months to craft legislation to replace it, sources familiar with the situation said.

The president decided to delay enforcement of his decision to end the Deferred Action for Childhood Arrivals, or DACA, the two sources said on Sunday. One source cautioned that the president could change his mind.

The decision to give Congress half a year to come up with an alternative, first reported by Politico, represents a compromise of sorts after top Republicans and business leaders asked Trump to keep the program.

DACA, an Obama administration policy, protects nearly 800,000 young men and women often called "Dreamers" from deportation and allows them to work legally.

Dreamers are a fraction of the estimated 11 million illegal immigrants in the United States, most of them Hispanic. Trump as a candidate promised to deport all of them, but many Americans have rallied to support the young adults who have spent large parts of their lives in the United States.

The decision, to be announced on Tuesday, will seek to placate both sides in the immigration debate at a time when the president is also grappling with North Korea's nuclear program and the recovery from Hurricane Harvey.

House of Representatives Speaker Paul Ryan urged Trump on Friday not to rescind the program and was joined by Sen. Orrin Hatch, also a Republican.

Rep. Ileana Ros-Lehtinen, a Cuban-American Republican from Florida, tweeted her dismay with the decision: "After teasing #Dreamers for months with talk of his 'great heart,' @POTUS slams door on them. Some 'heart'."

800K
APPROXIMATE NUMBER OF YOUNG MEN AND WOMEN PROTECTED BY DACA

That said, Trump's base will likely be far from happy about the president's decision to leave open the option of a fix. Rep. Steve King, a hawk on immigration and Iowa Republican, tweeted his opposition to the plan on Sunday night.

Democrats, like Sen. Al Franken of Minnesota, also wanted the program to continue. Franken called the reported decision a "disgrace."

Nancy Pelosi, the top House Democrat, last week asked Ryan to meet with Democratic lawmakers to discuss a "comprehensive legislative solution."

Leading business figures defended the Dreamers, including Microsoft chief executive Satya Nadella and Facebook Inc. CEO Mark Zuckerberg, who signed a letter to the president outlining the economic contribution of Dreamers.

DACA supporters argue that the people it protects grew up and are U.S. educated and integrated into American society, with little connection to the countries in which they are citizens. Opponents of the program argue that illegal immigrants take jobs from U.S. citizens. REUTERS

NY REACTION

New York vows to sue Trump over immigrant children protections

New York and Washington state on Monday vowed to sue President Donald Trump if he scraps a program shielding from deportation immigrants who came to the United States illegally as children.

Trump is expected to announce on Tuesday that he will end the so-called Dreamers program but give the Congress six months to craft legislation to replace it, according to sources familiar with the situation.

Gov. Andrew Cuomo, in a joint statement with the state's attorney general, Eric Schneiderman, said "the president's action would upend the lives of hundreds of thousands of young people who have only ever called America their home."

REUTERS

TRUMP'S AMERICA

DACA DREAMERS, DACA NIGHTMARES

The president has been on every side of the DACA issue.

ANALYSIS

ELLIS HENICAN
@henican

Dream on this, you little Dreamers: Six months from now, when Paul Ryan still hasn't corralled his unruly House Republican caucus and Donald Trump's DACA time bomb is about to go ka-boom, 800,000 of you will suddenly be …

What?

Where?

Swept up in a mass deportation of young people, brought to America illegally before the age of 16, many hardly remembering any country besides this one?

Sometimes, the anxiety of just not knowing is the hardest part.

DACA, which means Deferred Action for Childhood Arrivals, was signed into law via executive order by Barack Obama in June 2012. Under the theory that you can't blame children for where their parents take them, the order said these young people can work here legally and not face deportation.

I don't know how things worked in your family. But when the Henican parents announced we were leaving on a family trip, "No, I don't think I'll be joining you," was not on the multiple-choice answer list.

Hundreds of immigration advocates and supporters attend a rally and march to Trump Tower in support of DACA last week in New York City. GETTY IMAGES

What sense does it make to punish these young people? They are an immensely impressive group.

Ninety-one percent of them have jobs, according to a recent survey. Their average hourly wage is $17.46, up from $10.29 before DACA. More than 70 percent are attending college. After signing up for the program, nearly 80 percent got driver's licenses. Half became organ donors. Aren't they just the kinds of people we want in America?

Now President Trump is about to evict them unless Congress miraculously acts.

The president has been on every side of the issue. In April, he said the Dreamers could "rest easy," and he declared just last week, "We love the Dreamers." But he also promised during his campaign to end DACA "on day one" and deport anyone here illegally, regardless of how young they were when they arrived.

This DACA cruelty has stirred Obama, who's mostly stayed quiet as his successor has flailed about. Now, the ex-prez is preparing to weigh in. "The notion that we would just arbitrarily or because of politics punish those kids when they didn't do anything wrong themselves, I think, would be something that would merit me speaking out," Obama promised just before leaving office.

Keep an eye on his Facebook page today.

Metro columnist Ellis Henican is the author of a dozen books including "Trumpitude: The Secret Confessions of Donald's Brain." Follow him on Twitter @henican.

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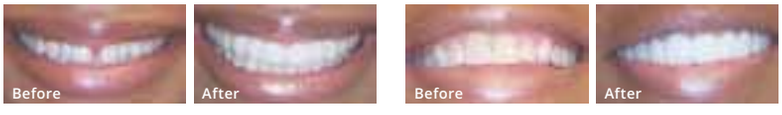

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Sunsara Taylor (center), co-initiator and spokeswoman for Refuse Fascism, at a rally earlier this year. PROVIDED

Refuse Fascism demands removal of Trump and Pence from elected office

The activist coalition will hold a nationwide protest Nov. 4, nearly a year to the day that the president and vice president were elected.

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While many have questioned if President Donald Trump's actions are impeachable, one group of activists hopes to see him and Vice President Mike Pence gone long before any official proceedings.

"This regime poses an existential threat to the future of people all over the world and the planet itself," said Sunsara Taylor, co-initiator and spokeswoman for Refuse Fascism. "Trump's pardon of [Sheriff Joe] Arpaio is the most full-throated endorsement of racist profiling, humiliation, and torture of immigrants — and the most blatant signal to law enforcement, ICE and fascists of all kinds that the president will support lawbreaking as long as it's in the service of terrorizing and ethnically cleansing black and brown people."

Refuse Fascism began in December and has since taken part in many protests around the country. It is now mobilizing a nationwide protest on Nov. 4, nearly a year to the day that Trump and Pence were elected, with a rally cry of, "This nightmare must end: The Trump/Pence regime must go!"

Metro spoke with Taylor soon after Refuse Fascism held organizational meetings for the event in five cities, including New York, on Aug. 19.

… on why Refuse Fascism opposes Trump-Pence

"Trump has openly promoted white supremacy, encouraged police brutality and brought back mandatory sentencing. He has demonized and unleashed terror against immigrants and torn thousands from their families. His Muslim ban is largely in effect. Trump has threatened the courts and the press. The Trump/Pence regime has muzzled scientists, accelerated the destruction of the environment and threatened the world with nuclear annihilation. Pence opposes abortion in all circumstances and would completely deny the rights of LGBTQ people."

… on how Trump is presidential

"Leaders of the Democratic Party and cable talking heads keep insisting that 'Trump is failing' and not acting 'presidential.' This is wrong. Trump is succeeding — at imposing fascism. He *is* acting presidential, like a fascist president who fully intends things, like what he said after Charlottesville about white supremacists and Nazis being 'fine people.' Trump is ripping up the norms of how this country has been governed and implementing fascism. He is not normal, and that is precisely the point."

… on why it's not politics as usual

"The 'normal ways' we are told to seek political redress — the elections, calling our senators, waiting for investigations, etc. — will not cut it. We have to mobilize people to step outside the confines of politics-as-usual, including protest-as-usual and launch the kind of sustained, determined and truly massive political outpouring and resistance that can drive this fascist regime from power."

… on Nazi Germany's lessons

"What is crucial to understand is that once in power, fascism essentially eliminates traditional democratic rights. … The lesson of Nazi Germany is that you can't let one group after another get picked off, you have to take on the whole program."

… on Nov. 4 being the start

"We are not stopping until the regime is driven from power. We will be calling out to everyone throughout society letting them know there is a place for everyone who wants to stand against a fascist America in the streets with us, but there is no neutral. Everyone needs to decide: 'Which side are you on?' Our message on Nov. 4 is 'Join us, stand with humanity, be part of changing history.' This is our chance, and the future of people not just in this country, but all over the world, and of the planet itself, hang in the balance."

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Queens property manager arrested in investigation of Nazi symbols

Police said the property manager who displayed hateful imagery in the lobby also harassed a former tenant.

AMY RUSSO
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A property manager has been arrested in an ongoing investigation after authorities learned his Sunnyside condo building displayed Confederate flags and Nazi symbols in the lobby.

Neal Milano, 70, was nabbed on Sunday over a complaint that he stalked and harassed a former tenant at 47-55 39th Place. According to police, Milano had been following the 43-year-old woman for nearly a year from September 2016 to July 2017. Milano had left the country, returning Sunday afternoon when he was placed under arrest at the airport.

The complaint was filed roughly two months ago, NY1 reported, and it appears she may not have been Milano's only victim. Residents claim they have been intimidated by his harassment of minority renters.

"What they can now feel is a little more safety, a little more secure, a little more at peace, knowing that he's been arrested, knowing that he knows that the NYPD is on top of it and watching," local Council Member Jimmy Van Bramer said, according to NY1.

Milano has been under fire for his hateful displays of racist imagery that hislawyer argues are a history lesson. While a human rights investigation into his building's symbols has been announced, Sunday's arrest was unrelated to the imagery.

The Queens property at the center of an investigation into whether the manager harassed tenants. NYC HUMAN RIGHTS VIA TWITTER/@ NYCCHR

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HURRICANE IRMA

New warnings issued as Irma gains momentum

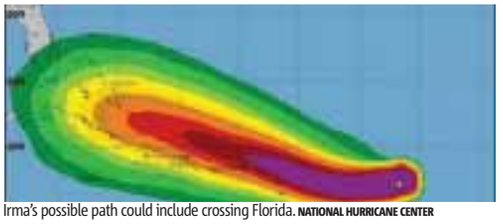
The National Hurricane Center issued an advisory Monday morning as Hurricane Irma continues to move west across the Atlantic. Irma is predicted to hit the northeastern Leeward Islands within 48 hours "accompanied by dangerous wind, storm surge, and rainfall impacts, along with rough surf and rip currents," the NHC reported.

Florida Gov. Rick Scott has already warned the state, tweeting out several safety reminders on Sunday. "As we continue to monitor Hurricane Irma, families should make sure their disaster supply kits are ready today," he said. "FL knows how important it is to be prepared. Encourage your loved ones to have a plan ahead of any potential storm."

The storm system has varied in intensity, starting as a Category 3 hurricane, then being downgraded one step before once again returning to Category 3 as of Sunday night. Officials have said the eventual scale of the storm is difficult to predict.

"Irma is expected to remain a dangerous major hurricane through the upcoming week and could directly effect the British and U.S. Virgin Islands, Puerto Rico, Hispaniola, the Turks and Caicos, the Bahamas, and Cuba," the NHC said. While Scott prepares his state, the NHC says it's still too early to know for sure what the impact on the U.S. may be, but preparedness is key.

AMY RUSSO



Irma's possible path could include crossing Florida. NATIONAL HURRICANE CENTER

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NY Transit Museum's Subway Sleuths thrive in the past and future

The program is for second- through fifth-graders on the autism spectrum who have an interest in trains.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

The Subway Sleuths connect with each other through a shared love of trains and goal-oriented activities. NEW YORK TRANSIT MUSEUM

The New York Transit Museum is where train enthusiasts can touch the city's past, but for a group of kids known as the Subway Sleuths, it's also a key to the future.

Started in 2011, the Subway Sleuths program has welcomed 150 kids in second through fifth grade who are on the autism spectrum and have a shared interest in trains. Each session features activities that help participants develop social skills, confidence and more.

"It's very strategic," said Amanda Franquinha, a teacher and therapist who facilitates each Subway Sleuth session with a museum educator and speech-language pathologist. "We plan each session based on the child's needs, interests and curiosities, so it's very geared toward personalizing the program to the children."

In the 10-week program, the facilitators see a "100 percent" change in the kids. "The wonderful thing for a lot of them is they still maintain that friendship after Sleuths. They're sharing an experience, that's the actual goal," Franquinha said.

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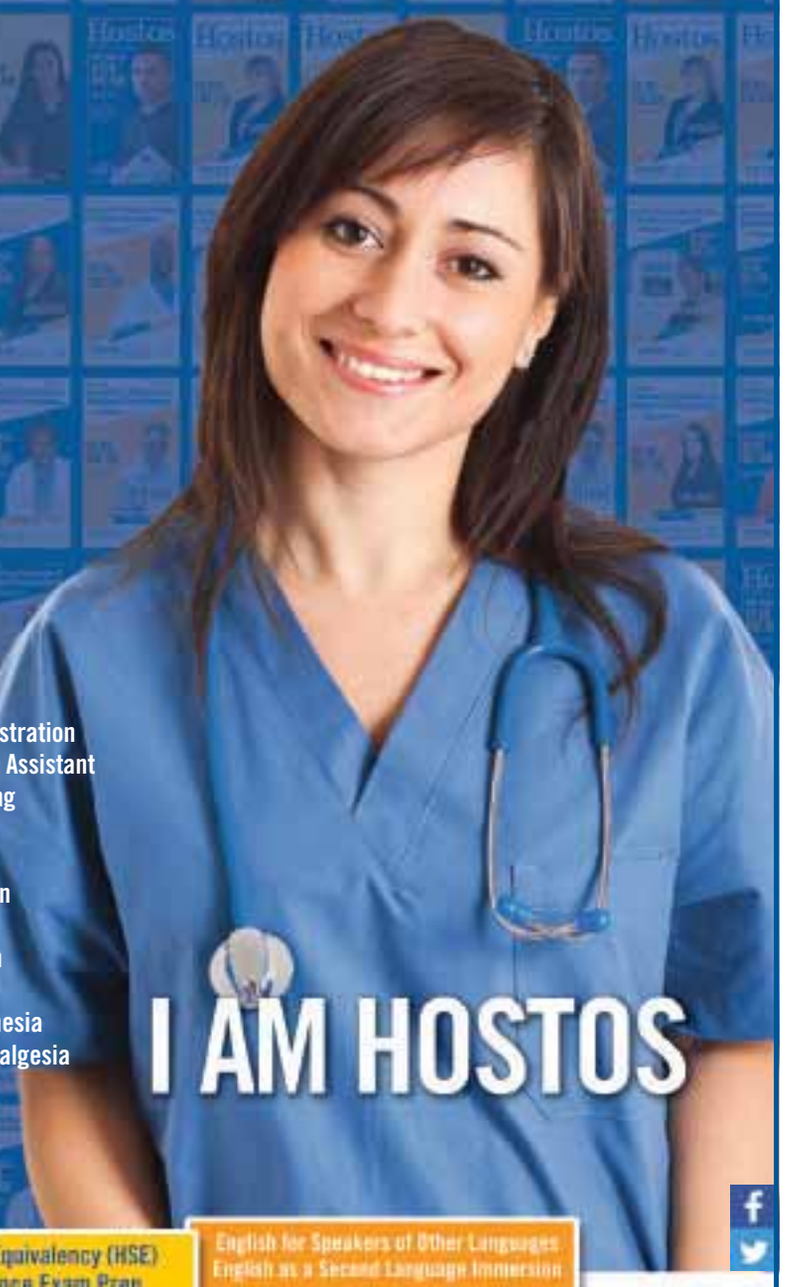

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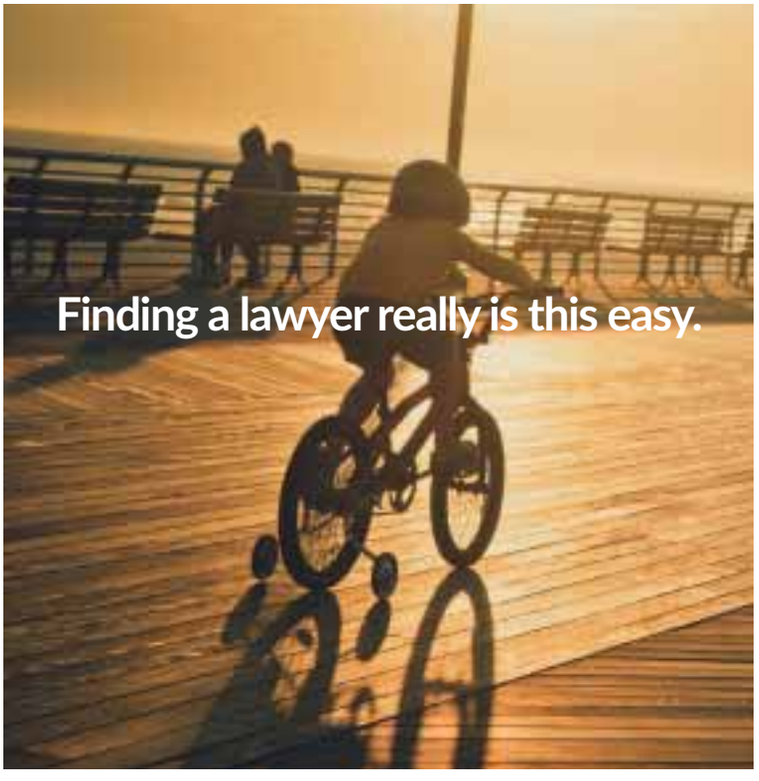
West Indian Day Parade

Paradegoers packed a 2-mile stretch of Brooklyn's Eastern Parkway on Monday for New York City's annual West Indian Day Parade. Considered one of the largest Caribbean gatherings in the U.S., the parade was held after the J'Ouvert celebration began the daylong festivities at 6 a.m. in Crown Heights with a pre-parade party. JASON NUCKOLLS PHOTOS BY BESS ADLER



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Date: Tuesday, September 12.

Lecture and Screening: 3:00–5:00 pm.

Location: NYU Langone Orthopedic Hospital.
301 East 17th Street, Loeb Auditorium.

RSVP: The screening event is free and open to the public, but you must RSVP. To attend, email brigitte.jones@nyumc.org or call 212-598-6052.

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- ☐ Leg cramps, especially at night
- ☐ Non-healing wounds on the ankle areas
- ☐ Spider veins on the legs and/or ankles
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Travelers check in at the United ticket counter inside LaGuardia Airport. GETTY IMAGES

UNRESOLVED ISSUES WITH LAGUARDIA AIR TRAIN

Gov. Cuomo's belief that this will provide a "one-seat ride" for those traveling to and from LaGuardia Airport isn't born of the facts.

Gov. Andrew Cuomo continues to be overly optimistic concerning building a train-to-the-plane for LaGuardia Airport. New York state only awarded a $14.6 million contract to Parsons Brinckerhoff for design and engineering several months ago. This action is just the first chapter of what will be a very long journey. Success for this project is dependent upon the Port Authority of New York and New Jersey and MTA working well together. Sixteen years after 9/11, the Cortland Street World Trade Center No. 1 IRT subway station is still several years away from being back in service. If there are no new delays, perhaps the station will reopen by December 2018. The Port Authority and MTA fought for years over budget, funding sources, scope and schedule. Construction for the MTA portion started in 2015.

The estimated cost of $450 million for construction of the LaGuardia Air Train is just a concept based upon a planning feasibility study. Over two years have passed since Cuomo announced this project, with little progress to date. There are no environmental documents or any preliminary design and engineering efforts necessary to validate any actual construction costs.

The anticipated final potential cost for the LaGuardia Air Train could end up several hundred million dollars above Cuomo's estimated figure of $450 million. Costs will be further refined by the awarding of construction contracts followed by changes to the base contracts during construction.

Cuomo's belief that this will provide a "one-seat ride" for those traveling to and from LaGuardia Airport isn't born of the facts. There will be significant conflicts when the LaGuardia Air Train is built and open for service with connections to both the Mets Willets Point subway and LIRR stations. Why would any LaGuardia Airport-bound travelers with luggage attempt to squeeze into the already packed morning and afternoon rush-hour subway and LIRR trains? Cuomo apparently never considered how this issue will be resolved when contemplating this project. Cuomo in 2014 promised that the LaGuardia Air Train would be up and running within five years, by 2019. Now he has said this will occur by 2021.

There is no room to run additional trains in or out of Penn Station during either a.m. or p.m. rush hours via the East River tunnels, with connections via the Port Washington LIRR branch to any LaGuardia Air Train. This conflicts with Cuomo's promise to have the MTA LIRR introduce a new frequent service between Penn Station and the Mets Willets Point LIRR Station. There has been no mention of a similar service from Grand Central Terminal once the LIRR East Side Access is achieved in December 2023 or later.

A true one-seat ride could be accomplished by simply extending the N and W subway lines from their current terminus at Astoria/Ditmars Blvd. to LaGuardia Airport. This previously died due to local community opposition.

To build a train-to-the-plane from the Mets Willets Point subway and LIRR station to LaGuardia Airport within five years for $450 million as promised by Cuomo is a planners' dream. In reality, it will be a nightmare for both taxpayers and riders. You can count on cost overruns in the hundreds of millions and multiyear delays in construction before reaching beneficial use.

LARRY PENNER

Analysis

Larry Penner is a transportation historian and advocate who previously worked 31 years for the U.S. Department of Transportation.

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Why Knee Arthritis Sufferers Of Almost All Ages Are

New York Doc's Merge Best of High Tec

Fraction of the cost, minimal risk and

Hundreds of arthritis sufferers from tri-state area calling weekly

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the ***NY Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NY Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

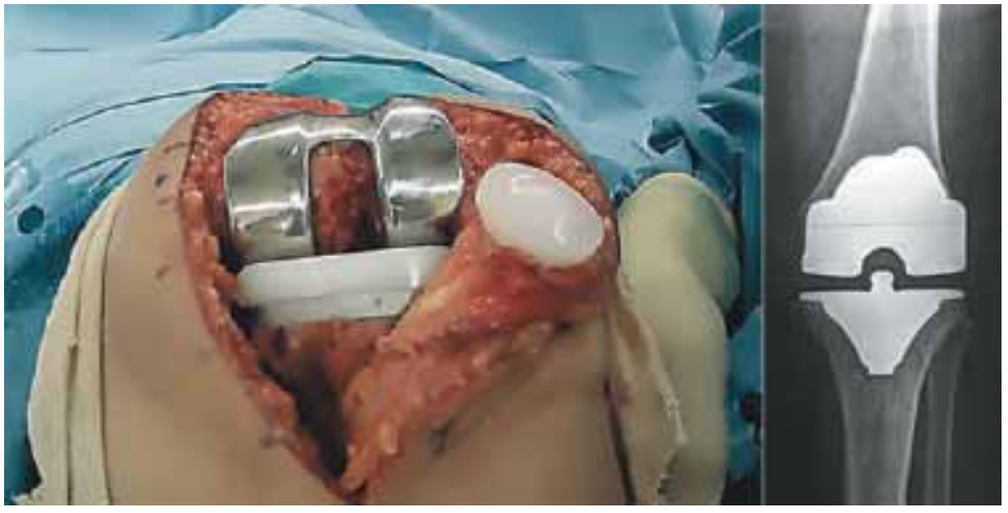
"That depends," said the director. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NY Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targetin*g during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.

Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs,swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you

Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Succesful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Choosing Newest Medical Procedures Before Surgery

h Medicine And All Natural Treatments

little to no downtime amongst top reasons.

to find out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the ***NY Pain MD*** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comphrensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering the best technology.

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. ***NY Pain MD*** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the ***NY Pain MD*** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology.*

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at ***NY Pain MD*** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD?*

- **Do you have pain and osteoarthritis (arthritis) of the knee?**
- **Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?**
- **Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give *NY Pain MD* a call and schedule your no obligation knee pain screening

NYC PAIN MD

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10 Zaddies from across the pond

We got a zaddy for every kind of zaddy fiend up in here. RACHAEL VAUGHAN CLEMMONS

You may be wondering to yourself — what is a zaddy?
A zaddy is a DILF that isn't necessarily a father. A man, over 30, that makes you go, "I'll have what he's having." He's handsome. He has swag, a swoonworthy "it" factor. He probably looks better bearded. And he has loads and loads of sex appeal. Zaddy, yas!
Perhaps the best way to define a zaddy is through example. Here is a list of 10 very special zaddies from across the pond. Why Brits? No reason. Mostly I was just bored. Also? You're welcome.

Idris Elba

Elba is a phenomenal actor and also phenomenal to look at. 10/10 forever zaddy.

Aidan Turner

The oft-overlooked "Poldark" star has quietly ascended to zaddy status when none of us were looking. And for that, I am thankful. Please be my baby zaddy.

Michael Fassbender

Consider Fassy the OG of zaddies. He was a zaddy before there was even the word "zaddy" added into the lexicon of American English. He's the No. 1 zaddy-o.

Andrew Lincoln

You probably watch "The Walking Dead," and therefore recognize that Lincoln is the zaddy supreme.

James McAvoy

Have I always considered this dude a zaddy? No. But in "Atomic Blonde" he rocks an amazing fur coat and it is all very zaddy, baby.

Dominic Cooper

A tiny stylish man with alien-esque good looks? Ahoy, zaddy!

Chiwetel Ejiofor

Look at this guy, then look at me in the eye and tell me he's not a zaddy. I dare you.

Sir Ian Mckellan

This is probably a controversial call, but the Sir has swag for days and I cannot deny him a cherished place on this list.

Season 3-era Jaime Lannister

While it's important to consider real life men as zaddies, there's no denying that Jaime Lannister — dressed in rags, dirty and bearded — was a real zaddy long legs in the third season of "Game of Thrones."

Tom Hardy

The zaddy to end all zaddies — and probably the one with the most swag on this list. He's mustachioed zaddy royalty.

ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

This 'Pulp Fiction' moment was almost totally different

John Travolta convinced Quentin Tarantino to change it.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

John Travolta made Quentin Tarantino see the error of his ways. MIRAMAX FILMS

Quentin Tarantino's "Pulp Fiction" is packed with iconic moments. But while Samuel L. Jackson reciting Ezekiel 25:17, Mia Wallace and Vincent Vega dancing and Pumpkin and Honey Bunny's holdup are regularly cited as some of its most famous moments, arguably the most popular scene in the entire film is the death of Phil LaMarr's Marvin at the hands of John Travolta's hitman.

But the scene was almost totally different, something that Phil LaMarr recently revealed while discussing how educational it was to work alongside John Travolta. LaMarr admitted he was awestruck at just how conscious and aware Travolta was of his character and his relationship with the audience, the pinnacle of which was when Travolta told Tarantino that Vincent Vega shouldn't kill Marvin on purpose, and instead it should be an accident.

"There's one scene that [Travolta] had Quentin change, and it's pretty much the only thing in that script that changed. Because the script is perfect," Phil LaMarr recalled on Nerdist's Talkin Toons. "We were rehearsing, and originally my character in the back of the car is supposed to be shot twice … he was supposed to shoot me in the throat, and I was supposed to sit there gurgling while they have Tarantino-esque banter: 'So put him out of his misery.' So he was supposed to shoot me a second time. And that's when the blood sprays all over, and everything continues as it is in the movie. "

"And John said, 'I gotta kill him? Oh, man, the audience is going to hate me.' And Quentin stopped and said, 'You're right.' And he realized the slight difference between, '[a gun shot] What happened?' and aiming at this kid in the back and, 'I'm just going to put him down like a dog.' [Travolta] just had such an understanding of his relationship to the audience, and he was like, 'This will ruin everything else I have in the movie.' You don't like him if he does that. And Quentin was like, 'You're right.' And he changed it."

It's a good thing he did, too, because Marvin's death in "Pulp Fiction" is one of the most surprising and hilarious moments in the entire film, and probably encompasses everything that's so appealing about the filmmaker, too.

Those of you itching to watch "Pulp Fiction" again can now do so: It joined Netflix Sept. 1.

Fashion trends of the *future*

Ahead of New York Fashion Week, we take a look at the styles set to come down the runway.

LUZ LANCHEROS MWN
letters@metro.us

Tastemakers are gathering in New York City for its biggest Fashion Week of the year.

Kicking off Sept. 7, the world's biggest brands in everything from streetwear to haute couture will fill the city's runways and set our agenda for the fall shopping season.

But how would you like to shop the trends before they start?

We take a look at the styles sure to look good in your closet for years to come with Mariale Pascua of the trend forecasting site WGSN.

Yeezy GETTY IMAGES

Post-gender grunge

With the '90s comeback and anti-establishment fashion as a symbol of protest, normcore (since the end of the decade) and sporty chic have become streetwear hallmarks, and brands like Vetements, Balenciaga and Yeezy by Kanye West are leading the high-fashion world toward wider acceptance.

Across gender lines, similar customization trends are emerging: jeans with embroidery, studs, rock band T-shirts, hoodies, velvet and, of course, work shirts and variants in denim. Stylists are also playing with layers and volumes, all to show the aesthetic freedom they represent.

Keys: *oversized, logos, hoodies, genderless garments*

Zara PROVIDED

Slow Return

In her 2013 book "Overdressed: The Shockingly High Cost of Cheap Fashion," Elizabeth Cline explains that the fast-fashion industry is responsible for huge ecological problems around the world. Nowadays, brands are making an effort to distinguish themselves to consumers who are increasingly worrying about the origin of what they consume. Zara has its Shape the Invisible project, while H&M has the Conscious collection and collects clothing to recycle.

Look for: *sustainable materials, reinterpretation, special collections*

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Marc Jacobs GETTY IMAGES

Maximalism

Another trend that's dominated the last few years and isn't fading is maximalism, with Gucci as its champion since 2015. Marc Jacobs has also taken a shine to "more is more" as a key concept in his looks. Whether it's giant logos, intricate layers, feathers or embroidery, we haven't hit the limit on this trend made for those who love to stand out.

Keys: *multicolor, shine, combination of materials, intricate spellings, boleros, hyperbolic textures*

Prabal Gurung GETTY IMAGES

Wearing your heart on your sleeve (or chest)

Political tensions are rising globally, whether it's Brexit or Trump, and brands are continuing to project themselves as generators of resistance. Even luxury brands like Assintecal, Prada and Jonathan Simkhai have taken to activism through clothing.

Keys: *graphics, letters, shirts with slogans, pieces with political slogans*

Tropicool

Island style is coming to the mainland with modern touches like embroidery. This will be the predominant trend through Summer 2019. We have already seen it on Christian Louboutin's runway in Mexico, Isabel Marant's blouses and what Esteban Cortazar did with Collette. "The tropical theme has had variations and adaptations," explains Pascua. "We have gone through this fascination of Brazil from 2014 to 2016, and in 2017 we begin to explore an aesthetic closer to Cuba and the Caribbean."

Look for: *embroidery, handcrafted items, colors, intricate prints, contemporary folklore*

Johanna Ortiz PROVIDED

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People of color are at risk of skin cancer, too

Mount Sinai

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wellbeing

In the "This is Us" episode "The Pool," Rebecca (Mandy Moore) puzzles over whether she needs to put sunblock on her adopted black son. NBC

On an episode of the NBC drama "This Is Us" last season, "The Pool," a Caucasian mom (Mandy Moore) takes her African-American son (played by Sterling K. Brown as an adult) swimming at the local pool and is frustrated when she realizes that she has no idea if he needs to wear sunscreen (of course, he does — some of the black moms at the pool set her straight).

The idea that people of color don't get skin cancer is a myth, and a dangerous one at that. According to SkinCancer.org, the estimated survival rate for blacks with melanoma is just 69 percent, compared with a 93 percent survival rate for whites.

Further, according to SkinCancer.org, 2 percent to 4 percent of all cancers in Asians and 1 percent to 2 percent of all cancers in blacks and Asian Indians. People of color also have higher rates of cancer in skin with less pigment that is not exposed to sunlight often, such as the palms and bottom of the feet (indeed, black reggae musician Bob Marley died at the young age of 36 because of a melanoma that started out as a spot under his toenail and eventually spread to his brain).

Mount Sinai Health System's Skin of Color Center specializes in treating the unique needs of patients with pigmented skin, hair and nails. We spoke with Dr. Meera Sivendran, an assistant professor of dermatology at Icahn School of Medicine at Mount Sinai and a physician at Mount Sinai's Skin of Color Center about some of the myths and facts surrounding people of color and skin cancer.

What are some common misconceptions/myths about skin cancer and people of color?

The most common misconception is that people of color do not get skin cancer.

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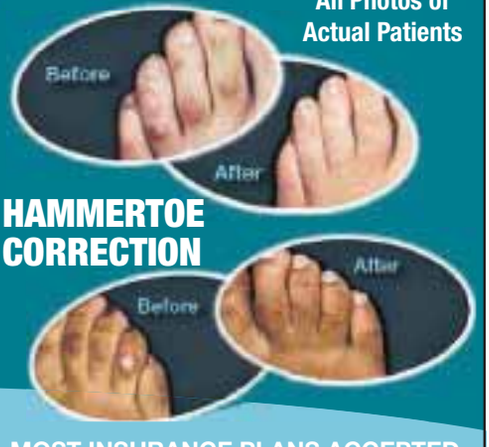

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How common is skin cancer among different ethnicities (African-American, Latino, South Asian, etc.)? Are people of color predisposed to certain conditions/cancers?
Overall, squamous cell carcinoma is the most common type of skin cancer in people of color. Studies show that African-Americans are diagnosed with melanoma at a later stage, have the least overall survival rate and worst prognosis. People of color are also more susceptible to developing skin cancer in non-sun-exposed body parts (bottom of feet, under the nails or the palms) and developing a specific type of skin cancer called acral lentiginous melanoma.

What are the signs and symptoms people should look out for?
New or existing moles that have more than one color, an irregular border, are asymmetrical, larger than a pencil eraser, or have changed over time can be worrisome for melanoma.

Watch out for non-healing, bleeding, or painful growths which can be indicative of a non-melanoma skin cancer like a basal cell carcinoma or squamous cell carcinoma.

What precautions should people of color take with their skin (mole checks, sunscreen, etc.)?
Sunscreen should be applied every two hours or every hour if you're sweating or in the water. Look for a sunscreen with SPF 30 or higher with physical blockers such as zinc or titanium.

Skin checks should be done on a yearly basis or sooner if you notice any warning signs.

What age should people start looking out for the signs/seeing a dermatologist regularly? Does risk increase with age? Environmental conditions? Heredity?
There are no definitive guidelines for when you should have your first skin check, but I usually recommend around the age of 25. Risk of skin cancers increase with age, as many skin cancers are related to cumulative sun damage. Some skin cancers, especially melanoma, can have a genetic link so it can run in families.

Would you recommend seeing a doctor who specializes in pigmented skin to patients?
All dermatologists are trained in the detection of skin cancer but dermatologists within the Skin of Color Center at Mount Sinai have likely diagnosed and treated more skin cancers in darker skin types. In addition, at the Skin of Color Center at Mount Sinai, we specialize in other skin concerns which tend to be more common in people of color such as alopecia, uneven skin tones, and scars. **SHEILA DOUGHERTY**

A common misconception is that people of color do not get skin cancer. **ISTOCK**

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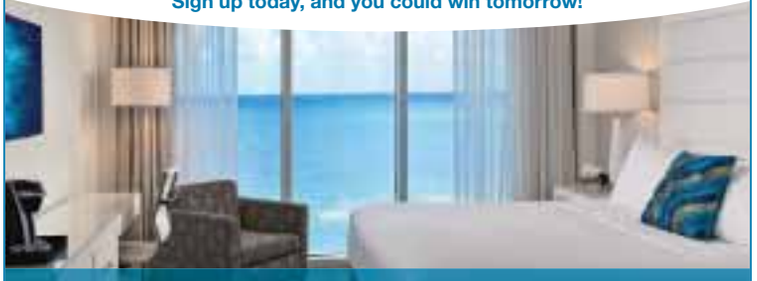

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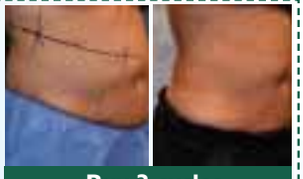

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You're probably stretching wrong

Here are the best ways to avoid common injuries caused by high intensity workouts.

KATE MOONEY
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With our hectic schedules, making the time for regular exercise can be challenging. But even if you've found a way to fit in that after-work Spin class or wake up early for that morning run several days a week, if you're not properly warming up and cooling down, your efforts might be self-defeating. Muscle tightness from improper stretching and inadequate rest and recovery can lead to injuries and chronic soreness. We spoke with experts who shared the best techniques for keeping your muscles limber and preventing unwanted strains.

Use your foam roller before your workout to help warm up your muscles, says personal trainer Jenn Menzer. ISTOCK

Use a foam roller before your workout

Although common sense would lead you to believe you should stretch before you work out, it's actually quite detrimental. Jenn Menzer, a personal trainer in Boston, likens stretching tight muscles to pulling on a knotted rubber band — they only get tighter.

Instead, begin with a foam-roller session. "This not only 'warms up' the muscles by creating heat, but most importantly, it removes knots and fascial adhesions, which will improve performance, increase mobility and decrease risk of injury," she explains.

To get the most out of a foam roller, she recommends going slowly, pausing over points of tightness (for no longer than 20-30 seconds) to release them.

When you follow your foam rolling with stretches, they should be longheld — two to five minutes each — so as to "bypass the muscle and go into the connective tissue, targeting fascia, tendons and ligaments," she says. Her free "Deep Stretch for Athletes" audio class includes yoga stretches like pigeon, swan, butterfly and caterpillar that open up the hips, thighs, glutes and lower back.

Stretch to relax your muscles, not strain them more

Hakika V. Dubose is the founder of Power Stretch Studios, where clients book one-on-one, customized sessions with "stretch coaches" who do the stretching for them.

"When you stretch on your own you're actually creating tension instead of releasing it," explains Dubose. "You have to grab and pull, and that defeats the purpose."

The 32-year-old former actor and dancer calls this technique of pas- sive stretching the Kika Method, and says it's based on how dancers stretch, "by completely letting go, letting gravity pull them down naturally, without tensing up." The stretch coaches "replace gravity," which allows the clients to completely relax.

A stretch coach stretches a client at Power Stretch Studios. INSTAGRAM.COM/POWERSTRETCHSTUDIOSDELRAY/

DuBose attributes the rise of peak fitness studios like SoulCycle and CrossFit, which folks visit several days a week to lose weight, feel healthy and get a certain look, to causing burnout and muscle tightness.

"The definition of muscle tone is a constant contraction in the muscle," she explains. "Your muscles are clenching and tight, and you never release the muscle. You need some kind of balance, something to counter that."

Inactivity is another culprit. "As we age, our bodies start to become restricted in the form we're currently in: your body creates a cast based on what you do for a living or your hobbies," she explains. "Stretching helps you reset, break free of that."

Make time for "active recovery"

Tatyana Souza, a yoga instructor and owner of Coolidge Corner Yoga in Brookline, Mass., and Sadhana Yoga in Boston, says the key to preventing injury is to keep your muscles limber.

"Injuries happen when a muscle is tight and you hyperextend it," she explains. "Yoga increases the pliability and length of the muscle and increases the range of motion."

She describe her class, "Yoga for Athletes," as "active recovery": a low-intensity activity that gives high performance athletes a break in between workouts — while still engaging and strengthening the muscles.

Positions like Plank and balancing on one leg help strengthen the body's core "stabilizer muscles" which support the joints. High lunge, low lunge, and Warrior I lengthen the hip flexors, while Forward Fold and Downward Facing Dog extend the hamstring.

"Everything is connected," she explains. "If the hamstring is tight, usually the calves and arches and the lower back are also tight. It's not just one pose, it's the whole practice that gets everything opened up."

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American women continue to shine at 2017 US Open

No Serena, no problem for this year's American women.

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Serena Williams was busy having a baby girl on Friday and isn't competing in this year's U.S. Open, but that hasn't stopped the other American women from doing well in her absence. Five American women reached the Round of 16, with two of them already safely into the quarterfinals.

No. 9 seed Venus Williams and unseeded Sloane Stephens both won their fourth-round matches on Sunday, while No. 15 Madison Keys, No. 20 CoCo Vandeweghe and unseeded Jennifer Brady were looking to book spots in the quarters on Monday.

"It's awesome," Keys, 22, said after her victory over No. 17 seed Elena Vesnina ended at 1:46 Sunday morning. "If I'm getting asked about it, it means we're all doing really well. Having so many American women in the final 16 is really amazing. I would consider all of them friends of mine. I'm really happy for all of us."

The American women not named Williams are continually asked about comparisons to Serena, the owner of an Open era record 23 Grand Slam singles titles, and Venus, who owns seven major titles and reached the finals of the Australian Open and Wimbledon this year at 37.

But they understand it's an unfair comparison, given all the legendary sisters from Compton, California, have accomplished.

"It doesn't really register, to be honest," Keys said. "Venus and Serena are Venus and Serena. They're two of the greatest tennis players ever. They always will be. So I think trying to measure up to them is basically impossible.

"I feel like in recent years I've just stopped trying. I'm just going to worry about myself, and other people can worry about all of the other business."

Although Serena continues to grab headlines by giving birth to her first child and making Venus an aunt again in the process, the other American women now have a chance to go deep into the year's final Grand Slam.

"I think the other Americans have always been doing well with or without Serena," said Vandeweghe, the niece of former NBA standout Kiki Vandeweghe. "I think Serena's a very hard person to catch in what she's been doing."

"But I think we've been progressing. I think the girls all around my age have been moving up through the rankings, doing better in Grand Slams."

Playing in the top half of the draw, the big-hitting Vandeweghe appears to have a real shot at another deep run in a major. She reached the semifinals of the Australian Open in January and then the quarterfinals at Wimbledon. Next up she gets Lucie Safarova of Czechia.

"I'm excited to have the opportunity to play against Lucie," she said. "I know she's a tough competitor. She's former top 10 in the world, a finalist at a Grand Slam. She's definitely no slouch at all."

Brady, 22, turned pro after her sophomore year at UCLA and has now reached the fourth round in Australia and New York. Her reward? Top-seeded Karolina Pliskova, last year's runner-up.

"I have never played a No. 1 player in the world," Brady said. "At times, you kind of come back to reality and are, like, on paper, I'm not supposed to win this match. Like I said, I'll just go out there and compete and have fun."

On Sunday, Stephens took out No. 30 Julia Goerges, 6-3, 3-6, 6-1, while Venus advanced over Carla Suarez Navarro, 6-3, 3-6, 6-1.

Stephens will face No. 16 Anastasija Sevastova, who knocked out Maria Sharapova in three sets. Williams will face No. 13 Petra Kvitova, who stunned No. 3 Garbine Muguruza, the Wimbledon champion, 7-6, 6-3, on Sunday night. Kvitova is 4-1 against Williams.

"My best tennis this year has come at the majors," Venus said. "I don't play nearly as much as some of my contemporaries, but this year when I have played, it's definitely been quality tennis. That's exactly what I want, and obviously to play my best tennis at the Big 4."

Even without Serena, there is hope for the American women at this U.S. Open.

What's on tap

Women's singles at the Open will continue Tuesday with unranked Sloane Stephens taking on No. 16 Anastasija Sevastova and No. 9 Venus Williams squaring off against No. 13 Petra Kvitova.

"Having so many American women in the final 16 is really amazing. I would consider all of them friends of mine. I'm really happy for all of us."
Madison Keys

American Sloane Stephens has been a force at this year's U.S. Open. GETTY IMAGES

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Querrey looks to make history at Open

The American is looking to buck a 14-year downward trend for his country.

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Before last year Sam Querrey had been a professional tennis player for a decade without ever breaking through to a Grand Slam quarterfinal. Now Querrey, 29, is into his third career major quarterfinal at the U.S. Open and is two wins from playing in Sunday's final.

"It's still kind of new," the 6-foot-6 San Francisco native said after his 6-2, 6-2, 6-1 fourth-round victory over Mischa Zverev on Sunday night. "It's still really exciting. It's a fun stage to be on. I think it's nice to have played a few [quarterfinals] already."

No American man has won a Grand Slam title since Andy Roddick captured the 2003 U.S. Open — 14 years ago. And No. 17 Querrey is the first American in the quarterfinals in New York since you guessed it, Roddick in 2011.

Meantime, five Europeans – Roger Federer, Rafael Nadal, Novak Djokovic, Andy Murray and Stan Wawrinka — have accounted for 51 of the last 55 Grand Slam titles.

Querrey remains in contention to snap the American drought, but he's not thinking that far ahead. Next up on Tuesday is a big server who is similar to Querrey, 6-foot-8 South African Kevin Anderson, the No. 28 seed. Querrey is 8-6 all-time against him.

"He's another one that is tough to play," Querrey said. "He doesn't give you much rhythm. He can go games where he's serving huge, you don't get a ball in play. He takes big cuts from start to finish. If he's on and he is dialed in, he's one of the toughest guys to play out there. You have to weather the storm against him, know he's going to have some brilliant shots."

Sam Querrey will take on Kevin Anderson Tuesday at the Open. GETTY IMAGES

Before this year, Querrey may have been best known for stunning world No. 1 Novak Djokovic in the third round at Wimbledon in 2016. At the time, Querrey was a 30-1 underdog and Djokovic held all four Grand Slam titles. Querrey went on to lose to Canadian Milos Raonic in the quarterfinals.

This year at Wimbledon, Querrey shocked another No. 1 when he defeated Andy Murray in five sets in the quarterfinals before losing to Marin Cilic in the semis.

Now here he is with a golden opportunity at his home Slam to come through the bottom half of the draw, which as John McEnroe said, is wide open enough to "drive a Mack truck through."

Murray, the No. 2 seed on the bottom half, withdrew before the tournament with a hip injury. No. 4 seed Alexander Zverev, considered by many the favorite to come through the bottom half of the draw after Murray pulled out, lost in the second round.

Now four unlikely contenders remain on the bottom half: Querrey, Anderson, No. 12 Pablo Carreno Busta of Spain and No. 29. Diego Schwartzman of Argentina.

"Yeah, obviously it's been a very different tournament," Anderson said. "Our sport's been dominated by such a select group of people for so long, it feels a little bit different."

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FANTASY FOOTBALL ADVICE

A glance at who to nab and who to steer clear of in your fantasy draft.

BILL DUBIEL

Bill Dubiel is a fantasy football expert and lead NFL columnist for Rotoballer.com.

Seek Hyde

Hyde has been very effective with his preseason touches while his fellow running backs have struggled with any action they've seen. Tim Hightower already has a fumble on his preseason resume and rookie fourth-round pick Joe Williams has disappointed after a strong Week 1. Hyde has feature-back potential, as there isn't really anyone to take touches away in the passing game. While he did miss three games last season, when he was on the field Hyde was extremely effective--he posted a career-high 4.6 yards per carry and ranked in the top 10 in yards after the catch. Hyde is currently the 17th running back off the board, which means he could be a great value pick in the third/fourth round.

Parker will benefit from gun-slinging Cutler

While Jarvis Landry is still the wide receiver of note in Miami, third-year wideout DeVante Parker has been making the most noise in the preseason. The 6-foot-3 jump ball specialist is the ideal target for the free-slinging Jay Cutler, who is never afraid to launch up a 50-50 ball and rely on his receiver to make a play. Cutler has heaped praise on Parker, calling him a "faster Alshon (Jeffery)."

Price way too high for Gordon

Melvin Gordon had an outstanding year from a fantasy standpoint in 2016, and his current ADP reflects a widespread belief that he will repeat last year's success. With Danny Woodhead out of the picture, Gordon will be the feature back once again for the Chargers, but he is a prime candidate for regression in 2017. Gordon managed a very pedestrian 3.9 yards per carry last season on 254 attempts, and ranked in the middle/low end of the pack in elusiveness and yards after contact. Much of his fantasy value was predicated on rushing touchdowns (10), and all 10 came within 29 red zone carries--it will be nearly impossible for him to repeat that efficiency.

Sleepers

Doug Martin, RB, TB — Martin would likely be going off the board as a top 10 RB if not for the three-game suspension he is dealing with to start the season. Given the role he'll have in a very good Tampa Bay offense when he returns, he is worth snagging in the seventh or eighth round.

Zay Jones, WR, BUF — The second-round rookie is suddenly the top option in the Buffalo passing game with Sammy Watkins now in LA and Jordan Matthews ailing. He will stretch the field and work in the red zone, and carries more than enough upside to justify taking a flier in the late rounds.

Jason Witten, TE, DAL — The seasoned veteran is still the main safety blanket for Dak Prescott in Dallas and his role should be locked-in.

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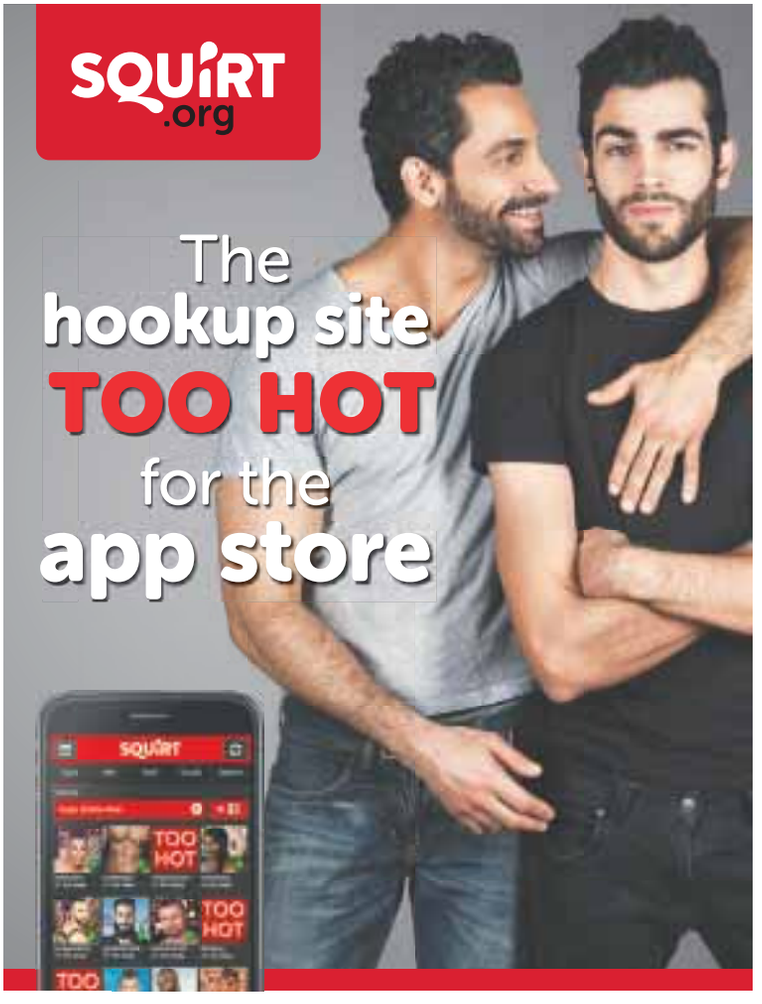

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LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 40-07 149th Pl., Flushing, NY, for on premises consumption. New Kum Sung Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1304126, for On Premises Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Chinese Restaurant under the Alcoholic Beverage Control Law at: 47 W. 55th St., New York, NY 10019, for on-premises consumption. Dim Sum Palace Yan Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 251-09 Northern Blvd., Little Neck, NY, for on premises consumption. Bingme Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at John F. Kennedy International Airport, Terminal 1, Bldg 55, Gate 3, Jamaica, NY 11430. Queens County, for on-premises consumption. M&R JFK1 JV, LLC d/b/a Soho Bites

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 72-06 Austin St., Forest Hills, NY, for on premises consumption. Spy C Cuisine Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1304833, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1406 3rd Ave., New York, NY 10075, for on premises consumption. Amber Sushi Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premises Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 375 Park Ave., Restaurant B, New York, NY 10022. New York County, for on-premises consumption. 375 Park Food LLC d/b/a The Lobster Club.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 96 8th Ave., New York, NY 10011. New York County, for on-premises consumption. Kuni's Corporation d/b/a Ikinari Steak

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer ,Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 87-08 Astoria Blvd., East Elmhurst, NY, for on premises consumption. P & P Restaurant Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1303832, for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Chinese Restaurant under the Alcoholic Beverage Control Law at: 5302 8th Ave., Brooklyn, NY 11220, for on-premises consumption. Mr. Q's Grill House Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1304829, for Tavern Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant/Tavern under the Alcoholic Beverage Control Law at 8732 18th Ave., Brooklyn, NY 11214, for on premises consumption. New 147 Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1304689, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 413 Tompkins Ave., Brooklyn, NY 11216. Kings County, for on premise consumption. Brooklyn Baby Cakes Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1304690, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 25-23 Parsons Blvd., Flushing, NY 11354. Queens County, for on premise consumption. Mana Pizza Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1304718, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 620 Vanderbilt Ave., Brooklyn, NY 11238. Kings County, for on premise consumption. Casual Cafe Partners LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 812 E. 149th St., Bronx, NY, for on premises consumption. La Patrona Restaurant Corp.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 25 Essex St., New York, NY, for on premises consumption. Oli and Aurel LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 134 Pennyfield Ave., Bronx, NY, for on premises consumption. Bayview Diner & Grill Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 7315 3rd Ave., Brooklyn, NY, for on premises consumption. Shahajala Foods Corp.

NOTICE OF SALE
SUPREME COURT COUNTY OF QUEENS, WILMINGTON SAVINGS FUND SOCIETY, FSB, DOING BUSINESS AS CHRISTINA TRUST, NOT IN ITS INDIVIDUAL CAPACITY, BUT SOLEY AS TRUSTEE FOR BCAT 2015-13ATT, Plaintiff, vs. RAKESH RANI; JEET SINGH, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on February 22, 2017, I , the undersigned Referee will sell at Public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on September 22, 2017 at 10:00 a.m., Premises known as 80-47 251st Street, Bellrose, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 8564 and Lot 46. Approximate amount of judgment is $536,220.28 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 23624/12. Kerry Katsorhis, Esq., Referee Knuckles, Komosinski & Manfro, LLP 565 Taxter Road, Ste. 590 Elmsford, NY 10523 Attorneys for Plaintiff.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 31-52 137th St., Flushing, NY, for on premises consumption. 32nd Ave Grocery Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1304143, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, & Beer at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 31-85 42nd St., Astoria, NY 11103, for on premises consumption. Sokol Cekaj Corp. d/b/a The Late Night Cafe.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Catering Establishment has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Catering Establishment under the Alcoholic Beverage Control Law at 841 Barretto St., Ste. B401, Bronx, NY 10474. Bronx County, for on-premises consumption. Lightbox-NY, LLC

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 157-20 Northern Blvd., Flushing, NY, for on premises consumption. Mad For Chicken Corp.

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NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY
JP MORGAN CHASE BANK NATIONAL ASSOCIATION; Plaintiff(s) vs. ROSE NEDGEE JOLIDAS; et al; Defendant(s)
Attorney (s) for Plaintiff(s): ROSICKI, ROSICKI & ASSOCIATES, P.C., 2 Summit Court, Suite 301, Fishkill, New York, 12524 845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about September 16, 2016, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25.
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Approximate amount of judgment $530,932.02 plus interest and costs.
INDEX NO. 21212-13
David Dikman, Esq., Referee

NOTICE OF FORMATION of Pioneer Installation LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 07/18/2017. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 500 West 170th Street, New York, NY 10032. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number Pending for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-22 162nd St., Flushing, NY, for on premises consumption. KBBQ 162 Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1304164, for a Catering License has been applied for by the undersigned to sell Liquor, Wine, & Beer at retail in a Catering Establishment under the Alcoholic Beverage Control Law at 94-17 Francis Lewis Blvd., Queens Village, NY 11428, for on premises consumption. JV Events Forever Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1302385, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 37-04 Prince St., Flushing, NY 11354, for on premises consumption. Great Mountain Inc.

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68 Set to go
69 Cereal grass

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7 Ladder rung
8 Conceals
9 Scene
10 Last word in an ultimatum
11 "Faint heart -- won ..."
12 Job application info
15 In a reeling manner
17 Glitterati member
21 Morse signal
23 Low tract
24 Chew the scenery
27 Famed viol.
29 "Fancy" singer
30 Open-mouthed
31 Shows distress
32 Heck!
33 Yikes! (hyph.)
34 Greater in number
36 Becomes a dad
39 Very thirsty
40 Went by quickly
43 Male fashion accessory (2 wds.)
45 Historical memento
47 Delhi honorific
49 Cure
51 Out, at the dentist's
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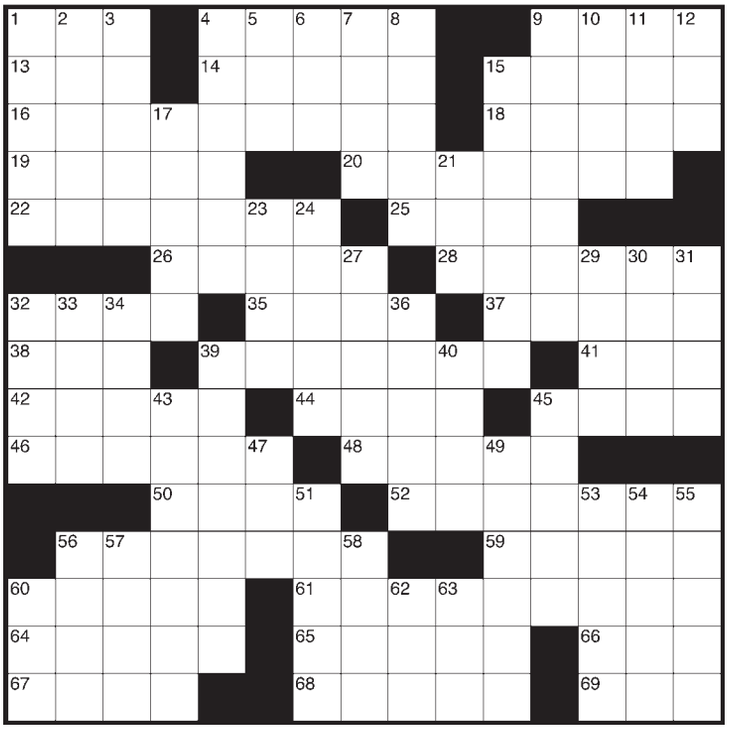
55 Mountain range
56 Shivery feeling
57 Costa --
58 Mr. Roddenberry
60 Everybody
62 Watchdog org.
63 Showed the way



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easy

	7	2	9					3
	4		5	7				
		5	8				9	2
	6	1						5
3								4
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1					8	5	7	

hard

5		7				9		8
			3			1		7
					8	6		2
			8	5				6
	4	8		9		5	2	
6				3	2			
7		2	9					
4		3			1			
9		6				2		4

metro.us/horoscopes

Aries Hidden matters will keep you from finding out the facts. Emotional tactics will be used to divert you from making a wise choice. Focus on personal growth and truth.

Taurus Put a little steam behind your ideas. It's up to you to make things happen. Don't let anger distract you when you should let it become your motivation.

Gemini Not everything will be as it appears. Taking what someone says at face value will leave you out in the cold when it's time to make an important decision.

Cancer Getting along with your colleagues, a partner or those you live with will be essential if you want to bring about positive change. Be willing to compensate when necessary.

Leo You'll be offered an unusual perspective about your past and how you have handled situations up to this point in your life. Listen and make positive, life-altering adjustments.

Virgo Stay active and get involved with groups that can help you succeed. Listen to what a youngster in your life says. Don't dismiss an insightful suggestion.

Libra A unique opportunity will arise if you volunteer your time or work with a group of people interested in achieving a similar goal. Personal growth is favored.

Scorpio Stay focused on your plan and be reluctant to share it with others. It's important to have everything in place before you make a presentation.

Sagittarius You'll be disillusioned by the information someone gives you. Consider the motives behind the actions, and refrain from making assumptions.

Capricorn Delve into a hobby or activity that you haven't done for years. The memories will come roaring back, giving you insight into what you want to do in the future.

Aquarius Listen to what others say. Think about the reasons behind an emotional plea. Don't let an opportunity to improve your finances or health pass you by.

Pisces An emotional situation is best handled openly. Being realistic about your expectations will help you avoid a stalemate with someone in your life. EUGENIA LAST

Yesterday's answers

A	S	W	A	N		G	L	O	B		A	I	D	A
C	H	I	C	A		I	O	T	A		I	R	O	N
M	A	S	T	S		B	R	I	T	T	L	E	S	T
E	K	E		S	L	E	D	S		R	E	N	E	E
S	E	R	I	A	L	S			A	I	R	E	S	
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T	U	N		S	P	O	O	K	E	D		G	A	D
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			M	I	E	N	S		B	E	A			
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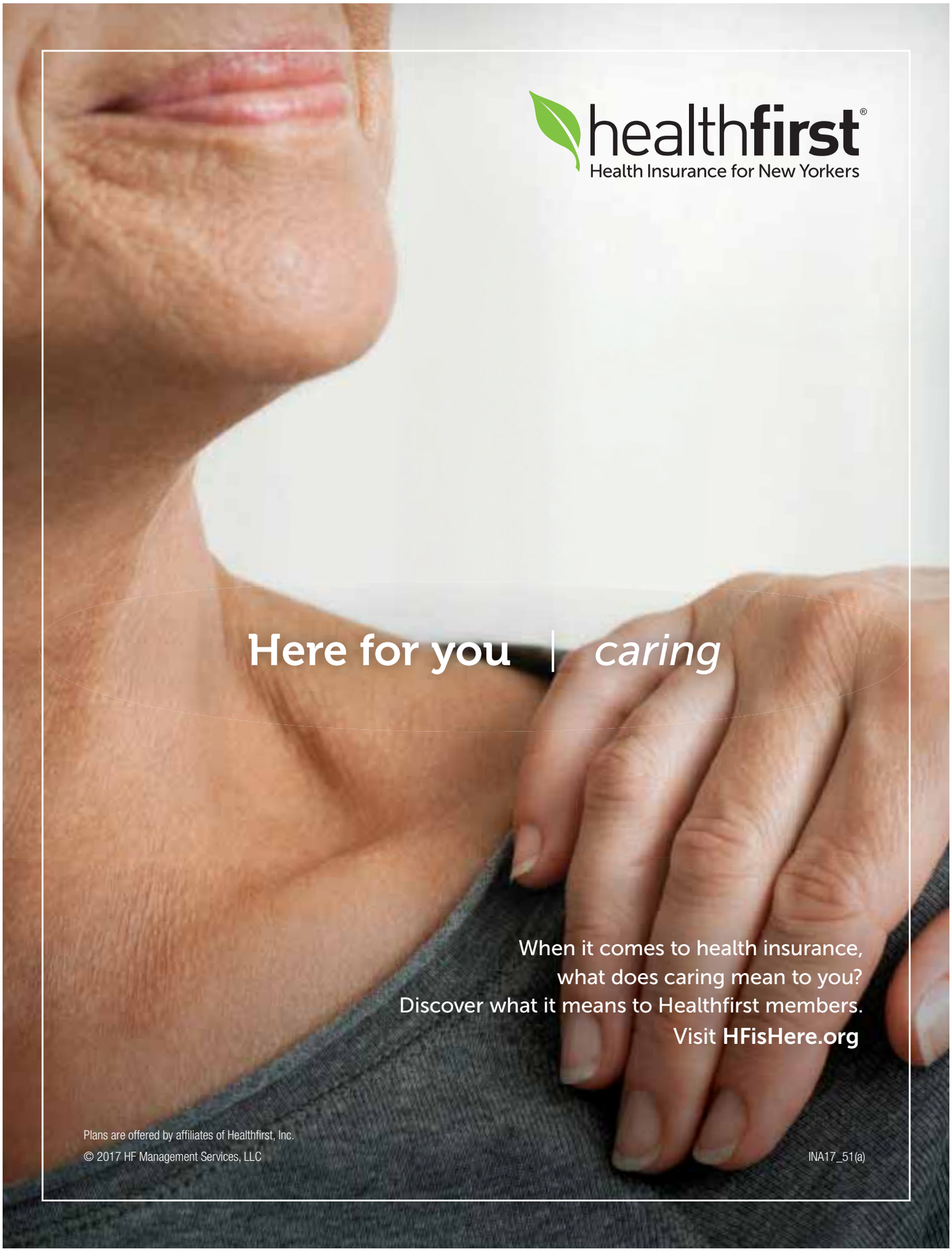
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*Offer valid for first-time, residential customers only and on first two orders of $100 or more (before taxes and after all other coupons and savings are applied, and excluding cost of gift cards, alcohol, postage stamps and any other purchase prohibited by law). The $50 off promotion is fulfilled by giving you $25 off each of your first two $100 orders. The $25 off will automatically be deducted online when you correctly enter a valid promotional code at checkout on your first order and will show up as a credit on your second order. No delivery or pick-up fee on first order if order is $100 or more. Enter valid code in the promotional code box at first order checkout and your delivery fee will automatically be deducted from each subsequent order of $100 or more, placed within 60 days of your first order. Limit one per household. Offer not transferable and not valid with any other offer. Expires 10/31/2017.

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